



Base Bulletin

Vandenberg AFB, CA 93437-0759



6 October 2004

No. 40

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to **Vandenberg Publishing** on the **Global** or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Workgroup Managers (WM) Meeting: A WM meeting is scheduled for Wednesday, 6 Oct 04, at the 381TRG Auditorium from 1000—1100. The agenda for this meeting is: Windows XP Deployment, Windows XP Training, Exchange Server Upgrade, and QEB/AFWAY. Representatives from the 30th Space Communications Squadron as well as InDyne will be briefing these areas during this meeting. Attendance is mandatory for one representative from each squadron/unit - but everyone is welcome. Please contact TSgt Wheeler, Base Workgroup Management Program Manager, at 6-5403 with questions. (30SCS/SCBH)

b. Office Closure: The Military Personnel Flight will close at 1400 on Friday, 8 Oct 04, for an official function. Please contact 588-9337 for emergencies. (30MSS/DPM)

c. Quarterly Awards Announcement: The deadline for ALL Quarterly Awards Package submissions will be 13 Oct 04 at 1630. Packages requirements and drop locations are as follows:

Awards Category	Package Length	Drop Location
CGO/Enlisted/Volunteer Packages	15 Lines Only	Public Affairs (PA) Office, Bldg 10577
Civilian (Cat I & II) Packages	One full page (front only)	MPF Awards & Decs, Bldg 11777/C-212

All packages must include the following: 1) Original copy of the Nomination Letter (normally signed by Sq/CC); 2) One copy of the Short Bio (NMT 5-7 lines); 3) Ten copies of the Awards Package; 4) Floppy Disk with electronic copies of the Nomination Letter, Short Bio, and Awards Package. The luncheon is scheduled for Thursday, 28 Oct 04 at 1100, Pacific Coast Club. Contact SMSgt Brian Robertson at 6-9815 (30SW/CCP)

d. Retirement Ceremony: Lt Col Anthony L. Blaylock, Commander, 576th Flight Test Squadron, cordially invites you to attend a retirement ceremony honoring SMSgt Daniel F. Cook, First Sergeant, 576th Flight Test Squadron, after 21 1/2 years of dedicated service, on Friday, 15 Oct 04 at 1100 in Bldg 8314, 576 FLTS High-Bay. Bar-B-Que to follow. Military Attire: Uniform of the Day. Civilians: Business Attire. For more information, please contact Maj Stephen Kravitsky at 6-2509. (576FLTS/CCA)

e. Office Closure: The 30th Comptroller Squadron, Financial Services Flight (Customer Service, Customer Support, and Accounting Liaison) will be closed on Friday, 22 Oct 04, from 1200 to COB for an official function. We apologize for any inconvenience this may cause. If emergency financial assistance is needed, you can reach us at 588-9282. (30CPTS/FMFC)

f. Future Programs Briefing: The annual **Future Programs Briefing** has been scheduled for 1500, 26 Oct 04, Bldg 7025 (WROCC) Theater. This briefing is UNCLASSIFIED, designated "FOR OFFICIAL USE ONLY". Briefing is open to all interested government and support contractor personnel. Contact Rose Leventis, 5-2870. (30SW/XPR)

g. Printers Available: The 2d Space Launch Squadron has (24) HP Color LaserJet 4500DN printers available for transfer on government ADPE accounts. Printers have duplexer, 3rd paper tray, Jet direct card and are 5-years-old. Printers are currently in service and in pretty good shape. We also have (2) HP LaserJet

TEAM VANDENBERG

5SIImx B&W printers available for transfer. These are workhorse printers with 22ppm speed, duplexing, 2 500 sheet trays and the roll around storage cabinet. Both are in good shape and one has a new Paper Input Unit. Contact SSgt Krings or A1C Krill at 6-9724. (2SLS/DOUP)

h. Office Hours Change: New hours for Pass & Registration are now in effect: Monday, 0830—1600; Tuesday, 0800—1600; Wednesday, 1000—1500; Thursday, 0800—1600; Friday, 0830—1500. Automated Entry Control Cards (ECCs) will not be processed between 1100—1300 and after 1500 daily. After hour appointments are handled on a case by case basis. Contact SrA Katz at 6-1853. (30SFS/SFOXI)

i. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Holiday Deadline for Base Bulletin Submissions: Please send your Base Bulletin articles and ads to publishing.vafb@vandenberg.af.mil or to our **NEW Global Address: Vandenberg Publishing**, or via fax to DSN 276-6614 or 805-606-6614 by 1200 noon on Friday, 8 Oct 04 to meet the holiday deadline for the 13 Oct 04 edition. Thank you for your continued support. (30SCS/SCBP, 6-7894)

b. Do Not Destroy: The Air Force (AF) and the Department of Justice are in the process of defining a class action lawsuit alleging discrimination of Air Force civilian employees. Plaintiffs have indicated they will challenge appraisals, promotion decision, awards, and other employment related documents over the past several years. The trial will begin soon. Since the potential for a worldwide class action exists, all AF activities MUST retain all documentation regardless of its characteristic. (30SCS/SCBR, 6-4212)

3. Traffic Management Office: (30LRS)

a. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact SSgt Soria, 6-0906. (30LRS/LGRT)

b. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900-1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. MPF Weekly: For the most current Military Personnel Flight information, please check out the *MPF Weekly*. The 1 Oct 04 edition is now posted on the Vandenberg Intranet, link: https://intranet.vandenberg.af.mil/organization/30msg/30MSS/mpf/mpf_weekly/2004_archive/oct-04-01.doc. (30MSS/DPM)

5. Civilian Personnel Flight: (30MSS/DPCE)

Voluntary Leave Transfer Program: Bruce Dufresne, 2ROPS/DOUS; Christine Holly-Vickers, 30SW/JA; Timothy L. Lovelace, 30CES/CEOF2 and Fidel G. Terrones, 30CES/CEOIE are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf. (30MSS/DPC, 6-5847)

6. 30th Medical Group: (30MDG)

a. Clinic Closure: The Vandenberg Clinic will be closed 11 Oct 04 for in honor of Columbus Day. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more information contact Capt Clemens at 6-7440. (30MDSS/SGSAP)

b. Important Health Advisory: Please Read! Vioxx (Rofecoxib) is an anti-inflammatory medication that has been pulled off the market by the manufacturing company. Research has shown that long-term use of

the medication may cause an increased risk in developing cardiovascular problems such as heart attack or strokes. If you are taking Vioxx, please stop and contact your physician for another alternative. For further questions, please feel free to contact the pharmacy at 805-606-7440 and you may ask for Capt Sohn or Capt Clemens. (30MDG/SGSAP)

7. 30th Security Forces Squadron: (30SFS)

a. Installation Entry Gate Hours: The Santa Maria, Solvang, South and Timber Lane Gates are open 24 hours a day. The Utah Gate is open from 0600—2200, Monday thru Sunday. The Lompoc Gate is open from 0600—1900, Monday thru Sunday. The Titan gate is open from 0600—0900 and 1500—1800, Monday thru Friday. (30SFS/SFOC, 6-3911)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call A1C Rodriguez at 6-3152 or CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conference room. (30CES/CEOF, 6-0010)

b. Family Housing Residents: If you have change of station, separation or retirement orders, please visit the Housing Office as soon as you receive your orders. We will schedule your pre-final termination and final termination appointments for you. We try to schedule these 45-60 days in advance of your projected departure. If you are within 45 days window and you don't yet have orders you can come in and schedule your Pre Final Inspection without them. This is very important to you, because not only will it allow you opportune time to schedule the appointments at your convenience, but you will also find out far enough in advance what your actual clearance responsibilities will be so you will not be caught by any surprises at the last minute. You will have the necessary lead-time to properly prepare your assigned unit for the final clearance appointment thus alleviating unnecessary stress for you and your family. Remember summer is the peak season for military moves. We will accept a letter in lieu of orders to schedule your appointments. Contact Ms Buck, 6-3477. (30CES/CEH)

c. Moving or Relocating Offices? Not sure what to do with all those blue recycling containers? Contact 30CES/CEV at 606-5726 and notify them of your departure plans. 30CES/CEV will recommend one of the following options: 1) Transport the containers to your new office; 2) Call 30CES/CEV at 606-5726 and arrange for your containers to be picked up; or 3) Leave the containers in place for usage by the next occupant. Thank you for your cooperation and participation in the Vandenberg AFB Recycling Program! (30CES/CEV)

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is 12 Oct 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Karen L. Dean
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750, 1—3 Oct 04. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	8 Oct 04	Suspect Zero	R	1830	1900
Saturday	9 Oct 04	Exorcist: The Beginning	R	1830	1900
Sunday	10 Oct 04	Baby Geniuses 2	PG	1330	1400

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

Day	Date	Event	Start Time	Location
Wednesday	6 Oct 04	National German-American Meal	1100	Beachcomber
Wednesday	13 Oct 04	Columbus Day Meal	1100	Beachcomber
Monday	18 Oct 04	Sweetest Day Meal	1100	Beachcomber
Thursday	28 Oct 04	National Chocolate Day	All Day	Beachcomber
Sunday	31 Oct 04	Halloween Meal	1100	Beachcomber

c. Big Brothers Big Sisters: Big Brothers Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring a little magic into both of your lives. Our new Volunteer Orientation and Training will be held on 06 Oct 04 from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!

d. Scuba Diving Class: Come to the Base Library on Thursday 7 Oct 04 at 1800 to learn more about the next Scuba Diving Class starting on 12 Oct 04. Call Bob Johnson for more information at 452-6218.

e. ROTC Career Day Volunteers: Volunteers are needed for the Loyola Marymount event scheduled for Friday, 8 Oct 04, from 1530 to 1745. Officers in the following specialties are being requested: Missile Maintenance; Satellites; Missile Operations; Pilots (helo); Medical; Nurse 46N; Security Forces; OSI; Supply; and Weather. Sign ups may either be phoned directly to Lt John Holt at (310) 338-5394 or to the 30SW Public Affairs at 6-3595. Dress is UOD with flight suits requested for the Helo pilots and Space & Missile personnel. Should enough people be interested, a UDI van may be checked out from 30LRS/LGTO at 6-5714. (30SW/PA, 6-3595)

f. Digital Communications Workshop: The Satellite Amateur Radio Club (SARC) will host a free workshop on WinLink, AGWPE, and other advanced digital communication techniques at 1000 hours on Saturday, 9 Oct 04, at Bldg 23100. WinLink is one of several digital modes being fielded as a means to coordinate emergency response and assistance throughout the State. The Amateur Radio Emergency Service (ARES) is one of several agencies actively implementing such communication systems within Santa Barbara County. The workshop will be facilitated by Dennis Daniel, the ARES District Emergency Coordinator, and is intended primarily for licensed MARS and Amateur Radio operators. Bldg 23100 is at the Southeast end of Bishop Road, about 3/4 of a mile past the Vandenberg Tracking Station. For more information, contact Dennis Daniel at 937-7804 after 1800. Due to limited seating, pre-registration is requested. (30SVS/SARC)

g. Special Olympics Volunteers Needed: Volunteers are needed to assist with the regional Special Olympics Soccer, Softball and Volleyball tournaments 9—10 Oct 04 in Santa Maria. Volunteers are needed for set-up, tear-down, scorekeeping, providing refreshments, etc. If interested, please contact Capt Jeremy Olson at 5-6345 or jeremy.olson@vandenberg.af.mil. (576FLTS/TEO)

h. AFSA Chapter 1356 General Membership Meeting: Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530 hours, 12 Oct 04, Supply, Bldg 8339, 2nd Floor, Rm 2 located on the corner of 8th St and New Mexico Avenue. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact the AFSA President, SMSgt Williams, 6-1568. (30SCS/SCBH)

i. Tuskegee Airmen General Membership Meeting: The Vandenberg AFB/Central Coast Chapter of Tuskegee Airmen Inc. general membership meeting will be on Thursday, 14 Oct 04 at 1200 at the PCC in the Enlisted Heritage Quiet Room. All active duty members, spouses, civilians, and retirees are welcome. For more information, contact Lt Ike Wright at 5-4910 or Capt John Lofton at 6-6621. (2SLS/MAFD)

j. AADD Council Nominations: The 2004 Airmen Against Drunk Driving (AADD) Council is winding down their year of leadership, and in preparation for the transition, nominations for the 2005 council are being

taken until 14 Oct 04. Please view this opportunity as more than just an EPR bullet when making nominations. The survival of the AADD council depends on the officers nominated and elected for 2005, please help us get the 2005 AADD council off to a winning start. For position descriptions, further information and to submit nominations please contact our President, TSgt Jayme Lima at 6-4370, Publicist, SSgt Rebecca Jones at 5-5319, Coordinator, SSgt Dennis Leon at 6-1846 or Secretary, SrA Leann Katz at 6-1853. (14IWF/DO)

k. BIG V Golf Tourney: The 40th Annual BIG V Community Relations Golf Tournament is scheduled for 15 Oct 04, sign-ups and BBQ Tri-Tip lunch at 1030 and shotgun start at 1130. This year it's Team Vandenberg's turn to host Lompoc Community leaders and business owners at the base Marshallia Ranch Golf Course. Cost is \$65 per Team Vandenberg player which will pay to host a Lompoc player (selected by the Lompoc Chamber) for lunch, beverages, heavy hors d'oeuvres following play, green fees and a cart, and door prizes. This is a full handicap, medal play tournament. If a handicap has not been established, an average of the last three scores will be used. Two TEAM V and two Lompoc players will be matched up according to handicap, and assigned to each hole. Please provide your current handicap at the time of sign-up. For more details call Jack Hokanson at 6-3595. (30SW/PA)

l. Santa Maria Memory Walk: Come take steps to end Alzheimer's! This year's Santa Maria Memory Walk benefiting the Alzheimer's Association will be Saturday, 16 Oct 04, from 1500—1900 at beautiful Waller Park. Adults, children, and dogs are all encouraged to register online at www.centralcoastalz.org/ or contact the event coordinator, Kari Kwinn, at 922-4132 for more information.

m. Air Show Private Organization Participation: If you are a part of a Private Organization, are in compliance, and want to earn money at the Western Space & Missile Air Show on 30-31 Oct 04 contact louise.brown@vandenberg.af.mil NLT 22 Oct 04. (30SVS/SVF, 6-0416)

n. Halloween Haunted Trail 2004: If you want to be really scared and have fun doing it, come out to the now infamous Eighth Annual Halloween Haunted Trail hosted by the 30LRS Booster Club. Prepare to be scared starting Friday and Saturday, 22-23 Oct 04, from 1800—2330 and again Friday, Saturday and Sunday, 29-31 Oct 04, from 1800—2330. It's an experience you will never forget! The Halloween Haunted Trail starts at Washington Ave and Airfield Road. Beverages and baked goods will be sold at the trail entrance. Appropriate footwear must be worn. Entrance fee to the Halloween Haunted Trail is \$4.00 per person, per trip, if you dare. For more details call SrA Acosta at 6-6223. (30LRS/LGRVOS)

o. Catholic Single Young Adults: Are you Single? Between the ages of 21- and 40-years-old? And looking for a place to meet other Catholics with similar interested? Join the new Central Coast Catholic Young Adult Singles every second Thursday of the month from 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and fourth Thursday of the month at St Mary's in Santa Maria at 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we have one social event every month. Call or e-mail for information about any of our events including the CCCYA Cruise to Ensenada from 29 Oct 04 to 1 Nov 04. Contact Kellee Bartha at 264-4659 or CentralCoastCatholicYoungAdults@yahoo.com.

p. Operation Kids' Christmas Needs Volunteers Now: Operation Kids' Christmas needs volunteers for the following jobs: Escorting the children during the party, setting up the ballroom in the PCC, serving lunch to the kids, cleaning up after the party, and food basket delivery. To volunteer contact: Capt Lever at 6-5840 or e-mail charles.lever@vandenberg.af.mil (best if you volunteer by e-mail). Please include in the subject of your e-mail whether you'd like to help as a volunteer or an escort. The party will be Saturday, 4 Dec 04 at the Pacific Coast Club. Set-up will start at 0700, escorts should arrive at 0900 in Service Dress; the party will go from 1000—1300, and clean-up will start at 1300. (392TRS/DOC)

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

c. New To The HAWC: The Gastric Bypass Support Group is a peer support group for individuals who have had or are interested in learning more about bariatric weight loss surgery. Meets in the HAWC conference room the last Monday of each month at 1900—2000. Contact Mrs. Randee VanNess at 734-3311.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule: For all **Holiday** weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1.

Catholic Mass:	Saturday	1700	Chapel 2	Regular Protestant Services:			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

b. Vandenberg Jewish Community Classes: The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes have started at the Vandenberg Religious Education Center and are held every Tuesday night at 1800. Please call Randee Van Ness at 734-3311, for more information or to enroll.

c. Monthly Prayer Breakfast: Come and join us for our Monthly Prayer Breakfast on Thursday, 14 Oct 04, 0630 at the Chapel 1 Annex. Lt Col Bob Gibson, 30SW/SE, Chief of Safety will be our guest speaker.

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center's customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

c. Playtime for Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and the children ages 2 to 5. For more information call Jill at 757-9044.

d. PALACE CHASE (Force Shaping) Separatees: Are you separating under the newest PALACE CHASE (Force Shaping) program? If so, you need to get to the Family Support Center (FSC) now! You must accomplish your mandatory Pre-Separation Briefing at least 90 days prior to separation. You can schedule yourself for this briefing by accessing www.php-ids.com. Do not wait until you have your out-processing checklist to get this briefing. If you need assistance please call the FSC at 6-0039.

e. The Mechanics of Resume Writing: Thursday, 7 Oct 04, 0900—1100 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians. Schedule yourself by accessing www.php-ids.com.

f. CSB-REDUX/Career Status Bonus: Tuesday, 12 Oct 04, 1100—1200 at the Family Support Center. Did you know that the new Career Status Bonus offers a one time \$30,000 payment in exchange for a lifetime of reduced retirement benefits? Would you like to trade retired pay for a lump sum today? Get the help you need *now* to make your decision and better understand your payment options. You can schedule yourself for this briefing by accessing www.php-ids.com.

g. Winning Interviews & Setting a Professional Image: Thursday, 14 Oct, 1300-1500 at the Family Support Center. Learn the fundamentals of interviews, preparing for the interview, types of interviews, and what to expect. In addition, learn tips on what to wear and how to set a professional image during your interview. You can schedule yourself for this briefing by accessing www.php-ids.com.

h. Bundles for Babies: Friday, 15 Oct 04, 1400—1600 at the Family Support Center. This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Call the FSC at 606-0039 for registration.

i. Home Loan: Friday, 15 Oct 04, 1330—1600 at the Family Support Center. One of the major Veterans' benefits is the Veteran's Home Loan Guaranty. It is made to Active duty members, retirees, and veterans for the purchase of homes, townhouses and condominiums. Learn the application procedures & understand the basic CAL-VET Home Loan process and be cognitive of potential pitfalls. You can schedule yourself for this briefing by accessing www.php-ids.com.

30th Services Squadron: (30SVS/SVK, 6-0276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Used Car Lot:** Try selling your used vehicle through the Auto Hobby Shop. Place your vehicle on the used car lot for \$6 per two weeks. You also have the option of listing your vehicle on the Services Squadron web site.
- b. **Surf Lanes Bowling Center:** (30SVS/SVBB, 6-3209/734-1310)
 - **Airmen's Night:** Thursday, 1800—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
 - **Thunder Alley:** Friday, 2100—2400, Saturday, 2100—2400. Catch the ultimate glow-in-the-dark bowling experience!
- c. **Breakers/Beachcomber Dining:** (30SVS/SVMF, 6-7540/734-1901)
 - **Breakers Renovations:** The Breakers dining facility is currently closed for renovations to the heating, ventilation and air conditioning system. Consolidated dining will be available at the Beachcomber (Bldg 9190) on Nevada St in the 381st Training Group area.
 - **Columbus Day Meal:** 13 Oct 04.
- d. **Child Development Center:** (30SVS/SVYC, 6-1555)
 - **Give Parents a Break:** This program offers parents one evening of childcare per month for parents who need a break. Give us a call and find out how you can qualify.
 - **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.
- e. **Family Child Care:** (30SVS/SVYD, 6-3255)
 - **Provider Training:** The need for child-care providers has never been greater! Help make a difference and become a licensed child-care provider. Call Gwendolyn Jones at 6-4639 or 6-3255.
- f. **Fitness Center:** (30SVS/SVMP, 6-3832)
 - **Columbus Day Fun Run:** 13 Oct 04, 1200.
 - **'Operation Stay Fit' Triathlon:** 16 Oct 04, 0900. Registration deadline is 13 Oct 04.
- g. **Information, Tickets & Travel:** (30SVS/SVRO, 6-7976 or 6-1675)
 - **Knott's Scary Farm:** 9 Oct 04 from 1900—0200. Departs VAFB at 1400, returns at 0700. Cost is \$55, must be 15 years or older.
 - **Las Vegas Getaway:** 17—20 Oct 04. Three night stay at the Gold Coast Hotel with free shuttle to the strip. Cost is \$165 per person sharing, \$265 single.
 - **Laughlin:** 1—4 Nov 04. Enjoy three nights at the River Palms Hotel/Casino. Cost is \$98 per person sharing, \$128 single.
- h. **Library:** (30SVS/SVMG, 6-6414)
 - **Story Time:** 7 Oct 04, 1000. It is appreciated if you can sign up if you are attending to help plan for supplies, but walk-ins are welcome.
 - **Dial-a-Story:** The phone number is 606-4300 for this free story-telling service. Available 24/7, story changes Friday afternoons.
- i. **Marshallia Ranch Golf Course:** (30SVS/SVBG, 6-6262)
 - **Home & Home with Nellis AFB:** 9—10 Oct 04.
 - **Columbus Day:** 11 Oct 04, course open. (Course will be close 12 Oct 04.)
 - **Big 'V' Tournament:** 15 Oct 04.
 - **Golf 4 Kids Parent & Child Outing:** 17 Oct 04, tee times starting at 1500.
 - **BBQ Lunch Special:** 21 Oct 04, 1100—1330.
- j. **Natural Knead Massage:** (30SVS/SVMP, 5-4748)
 - Natural Knead Massage is now open in its new location at the Health & Wellness Center (HAWC), Bldg 8505. Watch for our Squadron of the Month Special. Just make an appointment and then stop by with an item (hat, coin, etc.) showing your squadron emblem, and you can get a discount price on any massage (except 30-minute). The squadron for Oct 04 is 30SFS.
- k. **Outdoor Recreation/Equipment Checkout:** (30SVS/SVRO, 6-5908)
 - **Kayaking Tour in Santa Barbara:** 16 Oct 04, 0830—1430. Cost is \$35.
 - **Rock Wall Training:** 20 Oct 04, 1000—1200, at Outdoor Rec (Bldg 10250). Outdoor Rec and the Fitness Center will be offering introductory training for all squadrons. This training is mandatory in order to use the wall for squadron functions.
 - **Surfing Trip to Pismo Beach:** 23 Oct 04, 0800—1700. Cost is \$20.
- l. **Pacific Coast Club:** (30SVS/SVBO, 734-4375 or 734-4376)
Entertainment/Events:
 - **Mongolian BBQ:** 6 Oct 04, 1700—2000.
 - **Latino Night:** 8 Oct 04, 2100—0200, in the E-Lounge.

- **Karaoke Night:** 8 Oct 04, 1900—2300, in the Officers' Lounge.
- **DJ Guy:** 9 Oct 04, 2100—0300. Hip-Hop, R&B, Old Skool and New Skool with DJ Guy.
- **Late Nighter:** 10 Oct 04, 2200—0400. Complimentary snacks and more...
- **Columbus Day Holiday:** 11 Oct 04. The Club will be closed for Columbus Day. Football Frenzy will return 18 Oct 04 with the Bucs vs Rams.
- **Fajita Dinner:** 13 Oct 04, 1700—2000.
- **Boss & Buddy Night:** 13 Oct 04, 1700—2000.

Menu:

- **Monday Madness:** Mondays from 1700—2000. Enjoy our all-you-can-eat pizza and spaghetti buffet with drink and soon to be famous pizza dessert. Regular - \$7.95, Members - \$5.95, children under 12-years of age - \$3.00. (No coupons)
- **Fried Chicken Buffet:** Tuesdays from 1700—2000. Pacific Fried Chicken Buffet with dessert. Regular - \$8.95, Members - \$6.95.
- **Kid's Night:** Wednesdays from 1700—2000. Children under 12-years-old get a 6-inch mini pizza with choice of toppings and soda - \$1.50. (No coupons)
- **Pasta Mania Buffet:** Thursdays from 1700—2000. Regular - \$8.95, members - \$6.95, children under 12-years of age - half-price, children 4-years and under - free.

m. Rod & Gun: (30SVS/SVBR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.
- **Sporting Clays:** 10 Oct 04, 0830.
- **NSSA:** 16—17 Oct 04, 0830.
- **Holiday Party:** Looking for a place for your holiday party? The Rod & Gun has two rooms available to rent.

n. Skills Development: (30SVS/SVRS, 6-6438)

- **Applying Formica:** 6 & 7 Oct 04, 1900—2000. Cost is \$10, no materials required.
- **Beginning Woodworking:** 16 & 23 Oct 04, 1100—1300. Two-part class covering operation and safety of various wood shop machinery. Cost is \$35, materials included.
- **Winter Art Fair:** Sign-ups are underway for crafters. Reserve your space by 26 Oct 04 at Skills Development (Bldg 11193). Cost is \$25 for a single space and \$35 for a double. Hand-Crafted items only please. The Winter Art Fair will be held 6 Nov 04 on the bowling center lawn area.
- **Children's Ceramics:** Saturdays from 1100—1330. This class is designed to introduce children to the art of ceramic casting. Cost is \$15.

o. Swimming Pool: (30SVS/SVRO, 6-3581)

- **New Lap Swim Hours:** Monday-Friday, 1000—1300; Mon/Wed/Fri, 1530—1700. Pool is closed Saturdays, Sundays and holidays.

p. Veterinary Clinic: (30SVS/SVBV, 6-3019)

- **Pet Registration:** All cats and dogs residing on Vandenberg AFB must be registered with the Veterinary Treatment Facility (VTF). All vaccinations including rabies and distemper combinations, must be up to date and kept on file. Please bring your animal's medical records to the VTF on an off-clinic day to register you pet.
- **Pet Protection:** Protect your pets against fleas, ticks and heartworms with Frontline Plus and Heartgard, both available at the Vet clinic.

q. Youth Center: (30SVS/SVYY, 6-2152)

- **Harvest Festival:** 30 Oct 04, 1900—2100, at the Youth Center.
- **4H Projects:** Registration is underway at the Youth Center for our various 4H projects. Cost is \$10 each plus supplies. Projects include photography, sewing, quilting and animal care (Dairy cows, rabbits chickens, goats). Contact Kristi at 606-2152 for more details.
- **Basketball Leagues:** Registration for Youth Basketball begins 20 Sep 04 at the Youth Center. Cost is \$55 (Members \$50) includes uniform and team pictures. Sign-ups will be taken Mon through Fri from 1100—1300 and 1600—1800.
- **Donation Drop Box:** The Torch Club Members at the Youth Center are asking for donated items to send to the troops serving in Iraq. Stop by the Youth Center with any donated items.

Education Center: (30MSS/DPHE, 5-5904)

a. Embry Riddle Aeronautical University: ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Management (ASTM/BSTM). We also offer three graduate programs: Master of Science in Management (MSM), Masters of Business Administration in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The MAS has eight specializations including Safety and

Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For current information regarding registration, admissions and our programs call the office at 805-734-4076 or 606-6557. Registration continues through late registration which ends 15 Oct 04. We have an extensive online catalog and over 150 locations worldwide. Our application is now available online at <https://app.applyyourself.com/?id=erau-ec> making applying to our Embry-Riddle a snap! Stop by and see us in the Education Complex, 144 Wyoming Ave. Room A-1. Office hours are Monday-Thursday, 0830—1730 and Fridays, 0800—1200. Our e-mail is Vandenberg.Center@erau.edu. (ERAU)

b. Allan Hancock College Foundation Scholarships: It's that time of year again. Each year through a competitive application/selection, the Allan Hancock College Foundation awards in excess of \$200,000 in scholarships based upon academic merit, area of study, and/or a variety of other criteria. Scholarships range from \$250 to \$10,000, and are available in all areas of study. Some scholarships are restricted to specific categories such as vocational programs, local high school graduates, reentry students, disabled students, veterans (or their children), or in specific majors. **Eligibility Criteria:** 1. Complete a minimum of nine or more units fall 2004 semester. 2. Plan to attend Allan Hancock College in spring 2005 with nine or more units. 3. Achieve and maintain a 3.00 or higher cumulative grade point average. Applications are available on-line at www.ahcfoundation.org/ and at the Education Service Center Office and at all Allan Hancock offices. They will also be available by attending a scholarship workshop on either the Santa Maria campus or at the Lompoc Valley Center. For more information please feel free to contact Allan Hancock College at 605-5915 for Vandenberg AFB; 734-3500 for Lompoc Valley Center; 922-6966 for Santa Maria campus or toll free at 1-866-DIAL-AHC (3425-242). (30MSS/DPHE)

c. Pitsenbarger Award for Fall CCAF Graduates: Pitsenbarger Awards provide a one-time grant of \$500 to selected top USAF enlisted personnel graduating from the Community College of the Air Force (CCAF) who plan to pursue a baccalaureate degree. The grants coincide with the CCAF graduation ceremonies held each spring and fall. All CCAF fall graduates may pick up an application at Base Education. A Commander's endorsement and proof of current enrollment or intent to enroll in an accredited program leading to a baccalaureate degree must be submitted with application. Applications may be picked up at Base Education. Deadline for applications is COB 8 Oct 04. Contact Kathy Moran at 5-5905. (30MSS/DPHE)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Due to the pending migration to Windows XP and Office 2003, effective 04 Oct 04, all PC Training classes held in building 9360 are cancelled until further notice. We will be positioning our classroom computers to teach Office 2003. You will be advised as soon as the new schedule is developed. **NOTE:** ISSO, EC, C&A, EMSEC, etc. classes which are held at Bldgs 6525 and 9325 will continue as scheduled. LAN Access Training classes will continue to be held at Bldg 9360 during this time Slots are available in the morning and afternoon time frames. Call 6-3771 for details, or e-mail: james.wooding@vandenberg.af.mil.

b. First Tip: Keeping a form on top of other Access database objects - Sometimes you may wish for a particular form to continually remain visible over other database objects, even when you're working with the other objects. For example, you may want a form containing detail about a company location to always be visible as you enter related data in another form. Configuring a form to behave this way is easy. Simply open it in Design view and set its Pop Up property to Yes. **Second Tip: Move a selection in Word without getting lost in the shuffle** - As you may know, you can move a selection from one place to another by dragging it or by using the cut-and-paste method. However, here's a little trick you may not know. Select the text you want to move, and then press [F2]. In the status bar, you'll see the message Move To Where? Position the insertion point where you want the selection to appear, or select the text you want it to replace, and then press [Enter].

c. Available Classes: Following are classes scheduled, which have open slots:

Class	Date(s)	Time
ISSO Training	6 Oct 04	0800—1130
LAN Access Training	12 Oct 04	1300—1600
Certification & Accreditation	20 Oct 04	0800—1130
Information Technology EC Training	20 Oct 04	0900—1100

Items For Sale:

For Sale: 2004 Ford Expedition Eddie Bauer, Wedgwood blue, 5.4 2x4, fully loaded (no nav), DVD system, tow pkg, 10,600 mi. New \$44,570 asking \$32,500. Have title for quick sale. Leave message at 934-8499.

For Sale: 2003 Honda Civic LX, blue, 5-speed, PW, PL, and AC. Excellent condition; 24,900 miles, \$12,900/obo. Contact Robert Mendoza, 734-2601 after 1630.

For Sale: 2003 Chevrolet Trail Blazer LS 4X4, 41,000 miles, white, loaded w/everything but leather seats, CD, PW, PS, anti lock brakes, front and side airbags, factory roof rack, Asking \$18,500/obo. Call 734-0101.

For Sale: 1994 ACURA Integra, gray, 4 cyl, 5 speed, PS, PB, AC, PW, AM/FM cassette, alarm, new timing belt, very clean and well maintained. Must see to appreciate, 106K miles, asking \$4,800. Call 878-2533.

For Sale: 1998 Dodge 1500 Quad Cab Sport. Loaded with all options of SLT and Super Bee strips and scoop, flame red. 77,000 miles, very nice truck \$12,000/obo. One of a kind. Call 733-1153.

For Sale: 1992 Honda Shadow 1100cc, has new voltage regulator, needs a new back tire. Runs very well. Asking \$1,800. Ask Steve at 934-7882.

For Sale: Diablo DS5 Spinning Rim Kit, 20-inch. The Battle Axe style that came from the Spot Lowrider. These are the top of the line spinners that will fit most cars and trucks \$1,000/obo. Call 735-7239.

For Sale: 2003 Rubicon (TJ) wheels/tires (5) each, bumpers, drive shaft, rocker panels, coil springs and shocks. Take all for \$400. Call 934-4458/260-1419.

For Sale: (4) Aluminum Jeep Canyon rims w/31" brand new tires for \$590. Call 733-2339.

For Sale: 2001 Sea-Doo Challenger 2000 boat. 20 ft, seats 8, 240hp inboard motor. Great water sports boat! Very low hours. Asking \$16,500. Call Jeff or Kate at 922-3455.

For Sale: (2) Boats: (1) 1973 Larson, 18', sturdy construction, needs inboard engine \$990. (1) 1974 Thunderbird, 18', 75HP off board. Asking \$1400. See at base used car lot. Flip Down TV w/DVD player 10" brand new, excellent viewing for the family in the car/van/SUV. Asking \$470. Call 734-2299.

For Sale: BodySolid 2500 EXM2500S Home Gym. Won on Price is Right. Bench press, chest flys, leg extension, and leg curls. Opt'l knee/leg/calf stations. Retail \$2,200, sell \$800/obo. Call 733-0263.

For Sale: English bedroom suite includes white dresser, mirrored wardrobe, queen size bed w/drawers. Padded headboard w/shelf, mirror & light, w/wardrobe & drawers on each end. \$1,500/obo. Call 734-1767.

For Sale: Hewlett Packard model MX704 17" CRT flat screen with speakers. New, in box never used, paid \$120, asking \$65. Call SSgt Mendoza at 734-2601.

For Sale: Complete bedroom set, white, includes 2 nightstands, headboard, bed rails, 2 white lamps, 9 drawer dresser w/mirror (one drawer broken) \$200/obo! Call Dan/Sabrina at 734-1766 & lv msg.

For Sale: Maytag Ensignia electric dryer. Oversize capacity, various settings. Includes drying rack. Bought Jan 03, paid \$600, selling for \$300/obo. Please contact 735-5054.

For Sale: Entertainment center, \$20. Call 734-0203 to see and make an offer.

For Sale: Ceramic face doll w/stand. Hand painted, 20" tall, white dress w/bloomers, \$75. Call 937-3787.

For Sale: Bissell steam cleaner, \$70. 3 lamps, \$3 ea. 27" TV w/cabinet surround, \$50. 2 light fixtures, one Art Deco & one modern, \$20 ea. Entertainment center, \$35. 2 containers w/doors, \$10 ea. Call 478-0563.

For Sale: Portable basketball hoop, large 48-inch backboard, 35-gallon base that accepts water or sand, high quality construction and in great condition, Paid over \$300 new, asking \$100/obo. Call 733-5562.

For Sale: Whirlpool, heavy duty, large capacity washer and electric dryer set. Dryer has had new drum parts installed recently. \$200, will deliver and set up! Call 733-4110.

For Sale: Littermaid automatic cat box, barely used! Comes with all the equipment and refill trays...plus privacy tent that helps with odor, \$75. Chevy 305/350 parts also available, please contact Daniel or Sabrina at 734-1766/530-863-0487.

For Sale: PCSing, items must sell. Boy & girl baby clothes, maternity clothes, Fisher Price swing, \$25, Graco car seat, \$25, dining table, \$10, entertainment ctr, \$25, recliner, \$10. Make an offer! Call 734-0601.

For Sale: (2) composting bins. (1) round w/screen mesh lid approx. 3' x 28" wide, and (1) round, no/lid, \$5. each. Call 736-1161 after 1600.

For Sale: Female AKC yellow Lab, 8-months-old, with papers. Good champion blood line, good with kids and other dogs. Asking \$350. Selling due to PCS move. Please contact Dan or Maria at 734-2371.

Free: Free to good home, 1-year-old male dog. He is a beautiful boxer/Australian Sheppard mix who loves to be around people. Great family pet & enjoys walks. Current on shots. Call Debbie at 733-4870/588-1820.

Wanted: (1) cord of oak wood delivered to Lompoc. Call 736-1161 after 1600.

Wanted: Looking for individual/handyman with home fence knowledge to put up 60 by 6 foot redwood fence with gate. Please call 736-6398 after 1600.

Yard Sale: Saturday, 16 Oct 04, 0800—1200 at 602 Cherry St., main base. Lots of maternity clothes, baby & toddler clothes, shoes, and accessories, in sizes newborn to 2T.

Yard Sale: Saturday, 16 Oct 04, 0800—1400 at 516 Aspen St., main base. You think you have a lot of junk? Come buy ours! Multiple family sale including furniture, electronics, clothes, videos, books and home decor.